

This listing of claims will replace all prior versions and listings of claims in the application:

Listing of Claims:

1. (*Cancelled*).

2. (*Previously Presented*) The exercise device of claim 22 wherein the elongated tube includes a pair of ends and further comprising an other handle secured to the elongated tube, each handle associated with a respective one of the ends of the elongated tube.

3. (*Previously Presented*) The exercise device of claim 22 wherein the engaging member comprises nylon.

4. (*Cancelled*).

5. (*Previously Presented*) The exercise device of claim 22 wherein the first end and second end are connecting portions rounded to facilitate grasping for unsecuring the connecting portions.

6. (*Previously Presented*) The exercise device of claim 5 wherein the connecting portions comprise hook and loop fastening means.

7-10. (*Cancelled*).

11. (*Previously Presented*) The exercise device of claim 22 wherein the strip stitched to the engaging member.

12-13. (*Cancelled*).

14. (*Previously Presented*) The exercise device of claim 24, the engaging member including connecting portions releasably securable to each other to form a loop configured to receive the portion of the user's body.

15. (*Original*) The exercise device of claim 14 wherein the connecting portions comprise hook and loop fastening means.

16. (*Cancelled*).

17. (*Previously Presented*) The exercise device of claim 24 wherein the body engaging member comprises nylon.

18-21. (*Cancelled*).

22. (*Previously Presented*) An exercise device comprising:

(a) an elongated resistance tube stretchable along substantially its entire length;

(b) at least one handle secured to the elongated tube to enable the tube to be stretched by exerting a force on the handle; and

(c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the engaging member being flexible along substantially its entire length,

(d) the first side including an adjustable portion whereby the first end and second end are releasably fastenable in different positions to permit engaging different portions of a user's body, and

(e) the opposite side including a channel slidably engaging the elongated tube along the length of the elongated tube for adjustably locating the engaging member on the elongated tube.

23. (*Previously Presented*) The exercise device of claim 22 wherein the channel comprises a flexible material.

24. (*Previously Presented*) An exercise device comprising:

(a) an elongated resistance tube having a length and being stretchable along substantially its entire length;

(b) at least one handle secured to the elongated tube; and

(c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the length extending along the tube length,

(d) the first side including a releasable adjustable portion for engaging different portions of a user's body, and

(e) the opposite side including a channel slidably engaging coupling the elongated tube for adjustably locating the engaging member on the elongated tube.

25. (*New*) An exercise device comprising:

- (a) a hollow elongated resistance tube having a length and being stretchable along substantially its entire length;
- (b) at least one handle secured to the tube to enable the handle to pull the tube and stretch the tube; and
- (c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the engaging member being flexible along substantially its entire length,
- (d) the first side including an adjustable portion whereby the first end and second end are releasably fastenable in different positions to permit engaging different portions of a user's body, and
- (e) the opposite side including a channel slidably coupling the tube along the length of the tube for adjustably locating the engaging member on the tube.

26. (*New*) The exercise device of claim 25 wherein the tube comprises rubber.